

**Q:** "Whom do I contact about the following issues?"

1) Neighbors, family or friends who have problems or need some kind of help.

2) Housing options.

[3\) Assistance with housework or escort to medical appointments .](#)

4) Health insurance information.

5) Food stamps.

[6\) Medical emergency information cards.](#)

[7\) Taxi discount coupons.](#)

8) Legal questions.

9) Social and educational programs.

10) Questions about assisted living or nursing homes.

11) Information on personal emergency response systems.

12) Nutrition.

13) Counseling and support groups.

[14\) Job opportunities.](#)

15) Health screenings.

[16\) Volunteering.](#)

[17\) Health care proxies .](#)

18) Transportation.

**A:** Call the Council on Aging Main Office at 730-2777.

**Q:** "My mother just returned home from the hospital and has been set up with the Visiting Nurse Service. However, she needs more help in addition to the skilled nursing visits and help with bathing. She needs someone to do her house cleaning and errands until she is fully recovered. Is there a service that she can receive?"

**A:** The BCOA has a home care program called H.E.L.P. Call 730-2752.

**Q:** "My parents are over income for Springwell but they need light housekeeping and shopping. They can only pay for about 2 hours every other week. That's not enough time for both the cleaning and the shopping. Do you have any suggestions?"

**A:** The H.E.L.P. Program can be arranged for cleaning once every other week for light housekeeping coupled with the SHOP program every week on Sundays for free grocery shopping. To request either program, call 730-2777.

**Q:** "I have been discharged from the Visiting Nurse Service because I don't qualify any more

but I still need help with bathing and dressing. Does the Council on Aging provide this service?"

**A:** No, the COA does not provide personal care, but we can provide you with a list of agencies that do provide personal care. Call 730-2777 for more help.